

# Introduction to the Eating Patterns Survey



This program is designed to help lower your chances of getting heart disease. To get started, we need to know about your current eating habits.

This survey asks about the kinds of foods you eat. Your answers will help us give you tips on how to lower your chances of getting heart disease.

## Instructions

- \* This survey will take about ten minutes to complete.
- \* Please choose the answer that best describes what you **USUALLY** do.
- \* Please pay careful attention to the question and answer choices—some questions will ask you how much you eat in a normal **DAY** and others will ask how much you eat in a normal **WEEK**.
- \* Remember, your answers to these questions will help us help you.

# Nuts, Oils, Dressings, and Spreads



In an average <b>WEEK</b> ,	Desirable	Could be improved	Needs to be improved
1. How many servings of <b>peanut butter or nuts</b> (like peanuts, almonds, pecans, walnuts or cashews) do you usually eat?	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1
2. What type of <b>butter or margarine</b> do you usually use?	<input type="checkbox"/> trans fat free margarine (most tub margarines are trans fat free)	<input type="checkbox"/> butter	<input type="checkbox"/> stick margarine

In an average **WEEK**, how many times do you...

3. Use <b>trans fat free margarine</b> as a topping for bread, biscuits, corn, potatoes, rice, or noodles?	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0
4a. Eat <b>foods fried or sautéed at home using vegetable oil</b> (olive, soybean, canola, corn oil, or tub/liquid margarine)?	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0
4b. Eat food <b>baked at home using vegetable oil or trans fat free margarine</b> ?	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0
5. Use full-fat <b>salad dressing</b> (excluding NO-FAT, FAT-FREE, and LOW-FAT dressings)?	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0
6. Eat regular <b>mayonnaise</b> (excluding NO-FAT, FAT-FREE, or LOW-FAT mayonnaise) on sandwiches or in tuna, chicken, or egg salads?	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0

# Vegetables, Fruit, Whole Grains, and Beans



On an average **DAY**, how many servings of these foods do you eat or drink?

	Desirable	Could be improved	Needs to be improved
1a. <b>Dark-green or orange vegetables</b> like collard greens, broccoli, tossed salads made with dark-green leafy lettuces, sweet potatoes, butternut squash, or carrots	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0
1b. <b>Other vegetables</b> like corn, green peas, lima beans, okra, zucchini, turnips, onions, cabbage, green beans, or tomatoes (including tomato sauce)	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2. Fresh, canned, or frozen <b>fruit</b> or 100% fruit juice (½ cup equals a serving)	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1
3. Bread, rolls, or tortillas made all or mostly with <b>white flour</b>	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+

In an average **WEEK**, how many servings of these foods do you eat?

4. <b>Beans or peas</b> like pinto beans, kidney beans, lentils, or black-eyed peas	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0
5. <b>White rice or regular pasta</b> , like noodles, spaghetti, or macaroni	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+
6. <b>Regular cold or hot cereals</b> , like sugar-frosted flakes, cocoa cereals, grits, or cream of wheat	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+

# Drinks, Desserts, Snacks, Eating Out, and Salt



On an average **DAY**, how many 12-oz. servings of sugar-sweetened beverages do you drink with meals or in between meals? One regular can of a beverage is 12 oz.

	Desirable	Could be improved	Needs to be improved
1. Sugar-sweetened beverages include regular non-diet sodas, bottled fruit drinks, Kool-Aid, iced or hot coffee or tea sweetened with sugar (including drinks like Coke™, Pepsi™, Sprite™, Snapple™, lemonade, or fruitade and sports or energy drinks)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+

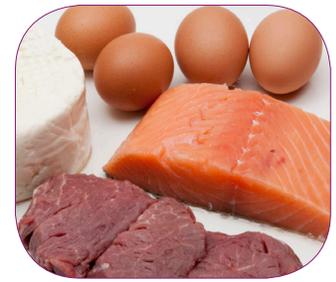
In an average **WEEK**, how many servings of these foods do you eat?

2. Doughnuts, sweet rolls, pies, cakes, cookies, or candy	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2-3	<input type="checkbox"/> 4+
3. Ice cream, ice milk, sherbet, or frozen yogurt	<input type="checkbox"/> 0-2	<input type="checkbox"/> 3-4	<input type="checkbox"/> 5+
4. Snack chips (like potato chips, corn chips, tortilla chips, or cheese puffs), crackers, or pretzels	<input type="checkbox"/> 0-2	<input type="checkbox"/> 3-4	<input type="checkbox"/> 5+

In an average **WEEK**...

5. How many times do you eat out at <b>restaurants, get food delivered</b> , or eat restaurant <b>carry-out</b> at home? (Include food from fast-food restaurants.)	<input type="checkbox"/> 0-2	<input type="checkbox"/> 3-4	<input type="checkbox"/> 5+
6. When you buy foods like canned soups or beans, snack chips, or crackers, do you usually get products that are <b>low sodium</b> or have <b>no added salt</b> ?	All or most of the time	Sometimes	Rarely/never

# Fish, Meat, Poultry, Dairy, and Eggs



In an average **WEEK**, how many servings of these foods do you eat?

	Desirable	Could be improved	Needs to be improved
1. <b>Fish</b> , including tuna and shell fish (like shrimp)	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2. <b>Bacon, sausage, hot dogs</b> or <b>cold cuts</b> like bologna, salami, Spam™ or deli meats including turkey and beef	<input type="checkbox"/> 0-2	<input type="checkbox"/> 3-4	<input type="checkbox"/> 5+
3. <b>Chicken or turkey</b> , excluding chicken or turkey cold cuts	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1

On an average **DAY**, how many servings of these foods do you eat?

4. <b>Red meat</b> like roasts, steaks, stew meat, ribs, chops, BBQ, or ham; or hamburger, either alone or in dishes like meatloaf and spaghetti sauce	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+
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On average, how many servings of these foods do you eat?

5. <b>Dairy products</b> , such as milk, cheese, and yogurt	Number of servings per day _____ or Number of servings per week _____
6. <b>Eggs</b> , including in cooking?	Number of servings per day _____ or Number of servings per week _____